

WORLD DIABETES DAY 2019

November 7, 2019 – Diabetes has been an escalating health threat for years. So much so, that in 1991 the International Diabetes Foundation and World Health Organization established November 14th as World Diabetes Day.

World Diabetes Day is a day to promote the importance of taking action to confront diabetes as a serious global health issue.

In 2017, diabetes caused over 4 million deaths and cost \$727 billion in health care expenditures. Diabetes affects 1 in 11 adults, Type 1 Diabetes affects over 1 million children and adolescents, and Type 2 Diabetes accounts for around 90% of all people living with diabetes.

“It’s alarming when a statistic is released that says 4 in 5 parents would struggle to spot the warning signs of diabetes in their own children... and 1 in 3 parents wouldn’t spot the signs at all” said Christy Rivette, Community Health Supervisor for District Health Department #10.

World Diabetes Day’s theme ‘Diabetes: Protect Your Family’ is in its second year of a two-year stint. This year, focus is on the impact diabetes has on a family and the role a family can play in the detection, prevention, management, and education of the condition. Family support is key!

1. Discover- One in every two people with diabetes is undiagnosed. Early diagnoses and treatment is key to help prevent or delay life-threatening complications.
2. Prevent- Type 2 Diabetes can be prevented with adoption of a healthy lifestyle. Reducing your family’s risk for Type 2 Diabetes starts at home. Learn about risks, warning signs, and healthy lifestyle choices to help prevent Type 2 Diabetes.
3. Manage- Daily treatment, regular monitoring, medication compliance, healthy lifestyle choices, and ongoing education are all important aspects of managing diabetes.

For more information you can visit <https://worlddiabetesday.org/>

About DHD #10

District Health Department #10 (DHD #10) is Michigan’s largest geographical health department, mandated to promote and protect the public from unsafe and hazardous conditions and provide methods of promoting good health and disease prevention. Some of the vital programs provided by DHD #10 include Immunizations, Infectious Disease Control, STI Testing and Counseling, WIC, Maternal Infant Health Program, Healthy Families Northern Michigan, Children’s Special Health Services, Hearing and Vision Screening, Family Planning, Cancer Screening, Worksite Wellness, Smoking Cessation, Substance Use Prevention, Chronic Disease Prevention, and Environmental Health Services. DHD #10 serves Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford counties. For more information, visit www.dhd10.org.



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